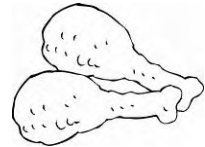
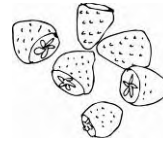
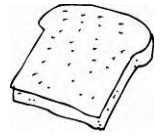
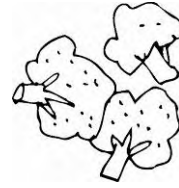
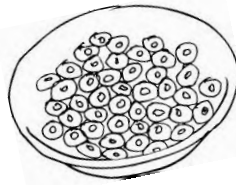


Iron

Investigation

Name: _____



1. Iron is a (circle the correct answer):

Vitamin Carbohydrate Mineral

2. Answer True or False

_____ Iron helps make hemoglobin which is in red blood cells.

_____ Hemoglobin is part of the white blood cells.

_____ Red blood cells deliver oxygen to the cells in our body.

_____ Without enough iron our body may feel tired and weak.

_____ Foods high in iron include dairy products.

_____ Lean red meat, whole wheat/enriched breads or cereals, dried fruit, and spinach are good sources of iron.

3. The helper vitamin for iron is (circle the correct answer):

Vitamin A Vitamin C Vitamin D

4. List some foods high in vitamin C:

5. Write down a breakfast menu that you would enjoy that includes a good source of iron and vitamin C.

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Third Grade—Iron Investigation

Eat Smart Be Smart

Design by K. Pullman RD, LN—2008